



Alpha Mongols

NextGen **CELEBRATIONS!** Mongolia

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WHAT'S INSIDE!

- What is NextGen CELEBRATIONS! Mongolia
- Message from Leadership
- Overall Project Goal
- Expected Outcomes
- Sustainability
- Project Highlights
- Meet Our Team

What is NextGen CELEBRATIONS! Mongolia?

The NextGen CELEBRATIONS! Mongolia NCD Project is a dynamic three-year initiative that stands as a country-specific pilot of ADRA International's global non-communicable diseases (NCD) approach. CELEBRATIONS, is an acronym encompassing 12 healthful living principles, (C)- choices, (E) - exercise, (L) - liquid, (E) - environment, (B) - belief, (R) - rest, (A) - air, (T) - temperance, (I) - integrity, (O) - optimism, (N)- nutrition and (S) - social support and services. This project will focus on adolescents (12-15 year-olds) on six of the twelve components: **Choices**, **Exercise**, **Temperance**, **Optimism**, **Nutrition**, and **Social Support**. These pillars form the foundation of our holistic approach to preventing NCDs among Mongolia's youth. Our mission is clear: to empower Mongolian adolescents aged 12-15 with the knowledge and tools to lead healthy lives, preventing non-communicable diseases (NCDs) in their communities. As we embark on this transformative journey, join us in creating a healthier future for Mongolia.

Message from Leadership

We are quite excited to share the first issue of our NextGen CELEBRATIONS! Mongolia newsletter as we proactively participate in mitigating the risk factors of non-communicable diseases (NCD) in the country.

The newsletter through our project team will not only promote but to further inform the latest findings on NCD-related factors and how the level of engagement of our direct beneficiary partners-Mongolian adolescents, participating schools, parents and relevant agencies will contribute to the overall impact of the pilot project to a healthier Mongolian society. Stay tuned!

Windell M. Maranan
Country Director

I am extremely happy to make a valuable contribution to the health of adolescents, which is the most important part of Mongolia's development. We will use the experience we have accumulated so far to successfully implement this project. I would like to emphasize that the participation of all of you who are working together for the future of your children is very important. Go forth and shine bright in all you do!

Good luck!

Orgilzul Batsukh, MD.
Project Manager



Overall Project Goal

To empower Mongolian adolescents ages 12-15 to practice healthy lifestyles leading to lowering their risk for Non-Communicable Diseases (NCDs). The focus of this project is to apply the CELEBRATIONS healthy lifestyle approach/tool which will focus on six components: Choices, Exercise, Temperance, Optimism, Nutrition, and Social Support/Mental health.

Expected Outcomes

Upon the completion of this project, adolescents aged 12-15 residing in communities surrounding four schools will be equipped with the necessary knowledge and skills to integrate positive and healthy behaviors into their daily routines. Through the project's efforts and interventions, these young individuals will have a better understanding of making informed choices that promote their overall well-being and reduce the risk of Non-Communicable Diseases (NCDs).



Sustainability

To promote sustainability in both identified adolescents' behaviors and the mechanisms in place to support future generations enjoying healthy lifestyle. Ensuring sustained individual behaviors entails fostering effective behavior change within a supportive environment, forming the core of the NextGen CELEBRATIONS! Mongolia NCD project.

To secure a sustainable impact on future adolescents between ages from 12-15, a comprehensive systems approach is adopted. This approach actively involves the community, including adolescents along with their parents/caregivers, local authorities, school leaders, teachers, staff, clinic personnel, and local businesses serving students. Together, they collaborate to develop and implement practical policy documents and collaborative healthy activities that foster positive norm and culture promoting healthy lifestyle, transcending the boundaries of this project.

The project focuses on promoting sustained positive behaviors in identified adolescents while establishing sustainable mechanisms that prioritize the well-being of healthy adolescents through active community involvement and policy development.

NCD Project Launch



On July 17th, ADRA Mongolia celebrated the official launch of the NextGen CELEBRATIONS! Mongolia - NCD Project at the Topaz Hall, located in the Blue Sky Hotel, Ulaanbaatar's capital city. Distinguished representatives from ADRA International, including Sonya Funna (Senior Director for Programs and Innovation), Josue Orellana (Health Director), and Sharon Tobing (Senior Health Technical Advisor), joined Windell M. Maranan (Country Director / ADRA Mongolia) and various key stakeholders in commemorating this momentous occasion.

Start-Up Workshop

Following the launch, the project gained momentum with an invigorating start-up workshop at Red Rock Resort in Terelj National Park from July 18 to 19, 2023. This workshop saw the convergence of vital partners from the Mongolia Mission, dedicated school principals, technical experts from ADRA International, as well as ADRA Mongolia's NCD staff and senior management team. The primary goal was to foster a common understanding among all key stakeholders, facilitating effective collaboration toward the project's overarching mission.



Signing of Memoranda of Understanding (MoUs) With 4 Schools



A momentous occasion unfolded on August 17th and September 20th in Ulaanbaatar as four crucial Memoranda of Understanding (MoUs) were joyously signed, paving the way for positive change and growth. Tusgal Secondary School and Erdmiin Orgil Public School, along with "Khugjil" Complex School and 84th Secondary School, joined hands with ADRA Mongolia in a pioneering effort, officially

commencing the "NextGen CELEBRATIONS! Mongolia" pilot project. The unwavering commitment of Principal T.Ulzijargal from Tusgal School (with 260 students), Principal O.Oyuntuya from Erdmiin Orgil School (with 1,800 students), Principal S.Enkh-Ariun of "Khugjil" "Complex School (with 5,000 students), and Principal A. Gantulga of 84th Secondary School (with 6,070 students),



coupled with the visionary leadership of Windell M. Maranan, ADRA Mongolia Country Director, sets the stage for a journey of continuous and profound transformation. Our commitment to a healthier future for the youth of Mongolia continues to grow stronger."



Acknowledging Our Benefactors

We extend our profound gratitude to our generous donors, including ADRA International, the General Conference of Seventh-day Adventists (Health Department), ADRA Austria, and ADRA Hong Kong. Their unwavering commitment empowers us to make a substantial impact on the health and well-being of Mongolia's adolescents.

Welcoming SY 2023-2024



The NCD team welcomed the new school year with open arms during the opening ceremony of the four selected schools on September 1st. We extended our heartfelt appreciation to the principals of these schools – Principal O.Oyuntuya of Erdmiin

Orgil School, Principal S.Enkh-Ariun of "Khugjil" "Complex School, Principal T.Ulzijargal of Tusgal School, and Principal A. Gantulga of 84th Secondary School – for their incredible collaboration with our project. We are enthusiastic about the journey ahead and wish them and their students a successful and healthy new school year.



Stakeholder Meeting for NCD Prevention



The NCD team held a meeting on September 19th with directors from the Department of Health Services and the Department of Youth Affairs of the Mongolian Mission of the Seventh-day Adventist Church. Present at the meeting were Purevdulam Jugderjav, Health Department Director; Enkhbayar Mishigdorj, Director of AMOS NGO; and Od Altankhuyag, Youth Department Director to discuss collaborative NCD-related activities for the upcoming academic year, 2023 - 2024, with a primary goal to address non-communicable disease risk factors among Ulaanbaatar's adolescents.

Meet Our Team

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Follow us on social media to stay connected: Facebook Page **ADRA Mongolia** and Facebook Group - **NextGen CELEBRATIONS! Mongolia - "Альфа үеийнхэн"** for regular updates on our progress.

You can also check our website www.adra.org.mn. We extend our heartfelt thanks to our early supporters, donors, and partners who are making this project possible. Our dedicated team members and volunteers are committed to creating a lasting impact.